DOCUMENT RESUME

ED 241 472 SP 023 842

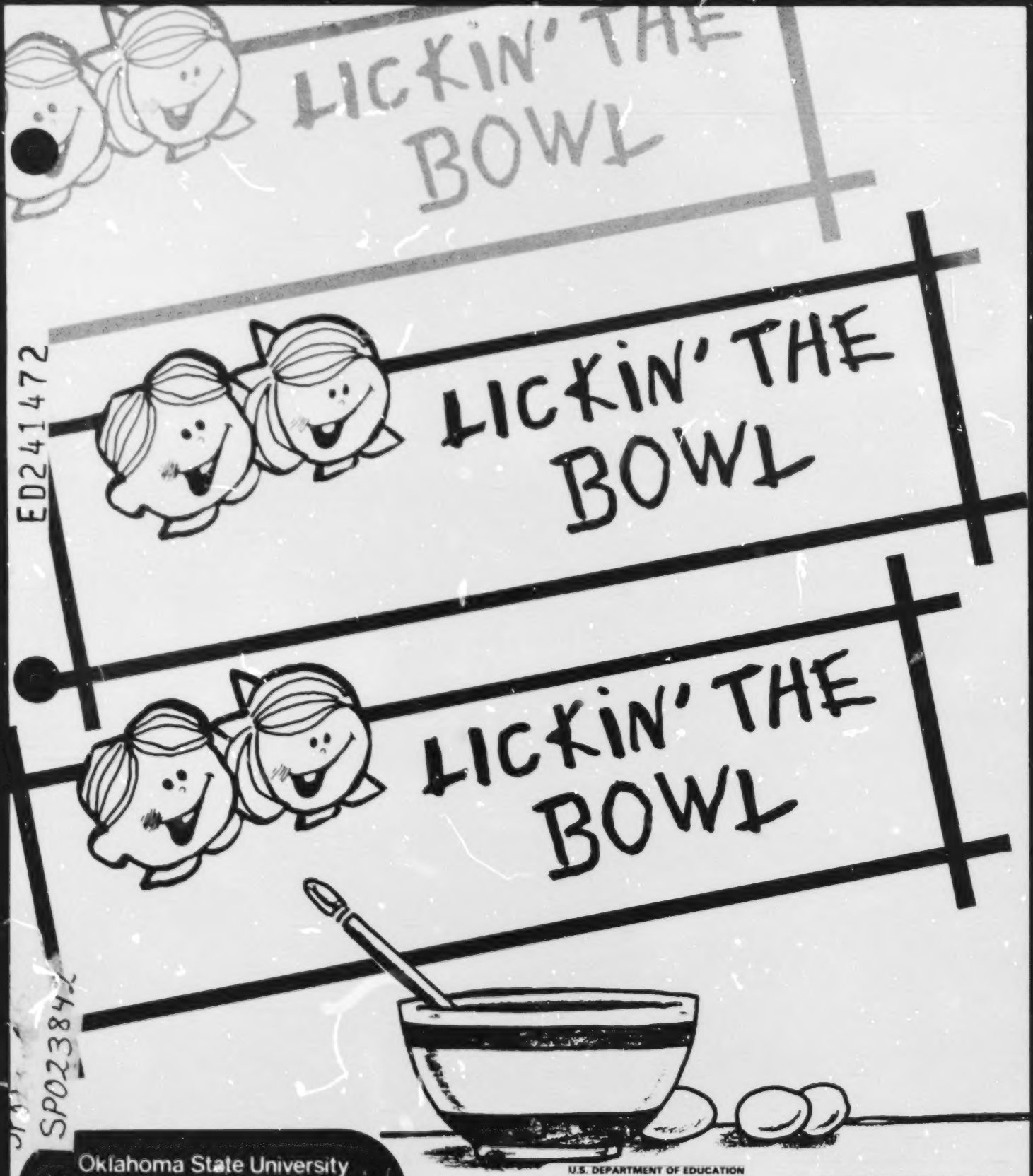
AUTHOR Wilson, Elaine; Good, Rosemary
TITLE Lickin' the Bowl.
INSTITUTION Oklahoma State Univ., Stillwater. Cooperative Extension Service.
PUB DATE [81]
NOTE 55p.
PUB TYPE Guides - Classroom Use - Guides (For Teachers) (052)

EDRS PRICE MF01/PC03 Plus Postage.
DESCRIPTORS Experiential Learning; *Food; Guidelines; *Interdisciplinary Approach; Learning Activities; Newsletters; *Nutrition; Nutrition Instruction; *Parent Participation; Parent School Relationship; *Parent Teacher Cooperation; Preschool Education
IDENTIFIERS Parent as a Teacher; PF Project; *Recipes (Food)

ABSTRACT

Teaching materials and home-based activities for teachers and parents of preschool children provide learning activities that explore and use a variety of nutritious foods along with teaching language, mathematics, science, reading, and motor skills. A series of nine newsletters to be sent to parents contains an introduction to the program and suggested food preparation activities. Eight corresponding food activities for use with small groups of children are provided for the teacher. The activities cover the following areas: (1) milk and milk products; (2) breads and cereals; (3) fruits and vegetables; (4) meat and meat alternatives; (5) snacks; (6) breakfast; (7) sandwiches; and (8) beverages. A game with instructions and playing card cutouts, a program evaluation for teachers, two teacher comments regarding parent response to the program, and a request form for similar materials are included. (JW)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****



ED241472

SP023842

Oklahoma State University
Cooperative Extension Service

HOME ECONOMICS

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

✓ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official NIE position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

Elaine Wilson

Rosemary Good

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

Cooperative Extension Service
Oklahoma State University
Stillwater, Oklahoma

We are pleased to have an opportunity to send you this educational material.

Our purpose is to make available to you the latest information being released by researchers in several subject-matter fields, such as agriculture, 4-H and youth development, home economics, rural development, and other related fields.

Each county has qualified Extension agents assigned to the county who are available to help you in every possible way. Highly qualified specialists at the Oklahoma State University work closely with the field staff in developing county and area Extension educational programs.

If we can be of assistance to you at any time, please write, call, or visit one of our professional staff members in a Cooperative Extension Center. A wide range of bulletins, fact sheets and other information materials are available at these Centers.*

Thank you very much for your interest.

Sincerely yours,

Rosemary Good

Rosemary Good, R.D.
Nutrition Education Specialist

Elaine Wilson

Elaine Wilson
Parenting Specialist
Home Economics Cooperative Extension

OSU Cooperative Extension Centers

Adair Co.
Box 702
...ewell, OK 74960

Alfalfa Co.
Courthouse
Cherokee, OK 73728

Atoka Co.
906 S. Mississippi
Atoka, OK 74525

Beaver Co.
Box 339
Beaver, OK 73932

Beckham Co.
Courthouse
Sayre, OK 73662

Blaine Co.
Courthouse
Watonga, OK 73772

Bryan Co.
Box 749
Durant, OK 74701

Caddo Co.
Box 607
Anadarko, OK 73005

Canadian Co.
Box 519
El Reno, OK 73036

Carter Co.
Courthouse Annex
Ardmore, OK 73401

Cherokee Co.
Box 149
Tahlequah, OK 74464

Choctaw Co.
Box E, Fed. Bldg.
Hugo, OK 74743

Cimarron Co.
Box 248
Boise City, OK 73933

Grant Co.
Box 227
Medford, OK 73759

Greer Co.
Box 370
Mangum, OK 73554

Harmon Co.
Agr. Bldg.
Hollis, OK 73550

Harper Co.
Box F
Buffalo, OK 73834

Haskell Co.
Courthouse
Stigler, OK 74462

Hughes Co.
Box 271
Holdenville, OK 74848

Jackson Co.
Courthouse Bsmt.
Altus, OK 73521

Jefferson Co.
Box 209
Waurika, OK 73573

Johnston Co.
Box 128
Tishomingo, OK 73460

Kay Co.
Box 430
Newkirk, OK 74647

Kingfisher Co.
Box 538
Kingfisher, OK 73750

Kiowa Co.
Courthouse Bsmt.
Hobart, OK 73651

Latimer Co.
County Bldg.
Wilburton, OK 74578

Nowata Co.
Box 231
Nowata, OK 74048

Okfuskee Co.
201 N. 1st
Okemah, OK 74859

Oklahoma Co.
930 N. Portland
Okla. City, OK 73107

Okmulgee Co.
Courthouse
Okmulgee, OK 74447

Osage Co.
Box 87, Whiting Hall
Pawhuska, OK 74056

Ottawa Co.
Courthouse
Miami, OK 74354

Pawnee Co.
Courthouse
Pawnee, OK 74058

Payne Co.
Courthouse
Stillwater, OK 74074

Pittsburg Co.
Courthouse
McAlester, OK 74501

Pontotoc Co.
1700 N. Broadway
Ada, OK 74820

Pottawatomie Co.
1580 N. Kickapoo
Shawnee, OK 74801

Pushmataha Co.
306 SW B
Antlers, OK 74523

Roger Mills Co.
Box A, Courthouse
Cheyenne, OK 73628

Cleveland Co.
601 E. Robinson
Norman, OK 73071

Coal Co.
Fed. Bldg. Bsmt.
Coalgate, OK 74533

Comanche Co.
Courthouse
Lawton, OK 73501

Cotton Co.
Courthouse
Walters, OK 73572

Craig Co.
Courthouse Bsmt.
Vinita, OK 74301

Creek Co.
209 Berryhill Bldg.
Sapulpa, OK 74066

Custer Co.
Box 170
Arapaho, OK 73620

Delaware Co.
Courthouse
Jay, OK 74346

Dewey Co.
Box 708
Ta... OK 73667

Ellis Co.
Courthouse
Arnett, OK 73832

Garfield Co.
Box 1229
Enid, OK 73701

Garvin Co.
Box 271
Pauls Valley, OK 73075

Grady Co.
Courthouse Bsmt.
Chickasha, OK 73018

LeFlore Co.
Box 430
Poteau, OK 74953

Lincoln Co.
Courthouse
Chandler, OK 74834

Logan Co.
115 S. First
Guthrie, OK 73044

Love Co.
Courthouse
Marietta, OK 73448

Major Co.
Courthouse
Fairview, OK 73737

Marshall Co.
102 N. 4th
Madill, OK 73446

Mayes Co.
Box 39, Agr. Ctr.
Pryor, OK 74361

McClain Co.
425 Truman Pl.
Purcell, OK 73080

McCurtain Co.
Box 929
Idabel, OK 74745

McIntosh Co.
Box 191
Eufala, OK 74432

Murray Co.
1023 W. Broadway
Sulphur, OK 73086

Muskogee Co.
1440 S. Cherokee
Muskogee, OK 74401

Noble Co.
Box 8
Perry, OK 73077

Rogers Co.
Box 130
Claremore, OK 74017

Seminole Co.
Box 520
Wewoka, OK 74884

Sequoyah Co.
Courthouse
Sallisaw, OK 74955

Stephens Co.
Rm. 113, Courthouse
Duncan, OK 73533

Texas Co.
Box 320
Guymon, OK 73942

Tilman Co.
Courthouse
Frederick, OK 73542

Tulsa Co.
Room 102, Agr. Bldg.
4116 E. 15th
Tulsa, OK 74112

Wagoner Co.
Courthouse
Wagoner, OK 74467

Washington Co.
Box 10
Dewey, OK 74029

Washita Co.
125 W. Main
Cordell, OK 73632

Woods Co.
Box 479
Alva, OK 73717

Woodward Co.
Box 946
Woodward, OK 73801

Lickin' the Bowl

Newsletter for Parents of Young Children *and* Activities for Groups of Children are available from the OSU Cooperative Extension Office located in the county seat and also through OSU Central Mailing, Publishing & Printing Office, Stillwater, OK, 74078

Table of Contents

Introducing Lickin' the Bowl 1

Activities for Groups of Children

- Milk and Milk Products 3
- Breads and Cereals 7
- Fruits and Vegetables 8
- Meat and Meat Alternates 13
- Snacks 19
- Breakfast 21
- Sandwiches 23
- Beverages 27

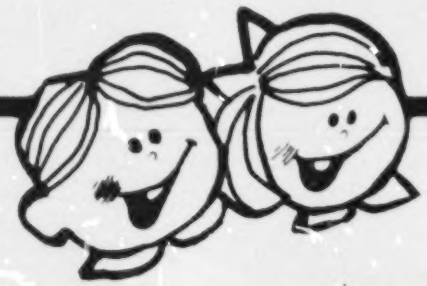
Evaluation Form 37

Teacher Comments 38

Newsletters for Parents

- Announcement 39
- Letter 1: Introduction 40
- Letter 2: Milk and Milk Products 42
- Letter 3: Breads and Cereals 44
- Letter 4: Fruits and Vegetables 46
- Letter 5: Meat and Meat Alternates 48
- Letter 6: Self-Propelled Snacks 50
- Letter 7: Breakfast 53
- Letter 8: Sandwich Fun 56
- Letter 9: Beverages 58

Order Form 61



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

Dear Teachers of Young Children:

We are pleased that you are interested in "Lickin' the Bowl", a series of letters for parents of young children. In order to make participation in this program more meaningful to you and the families in your program, we have developed some activities that you may wish to do with the children.

Nutrition education begins with encouragement to try a variety of foods. Young children should be given opportunities to discover, explore, and enjoy different foods. It is not a good idea to stress vitamins or food groups in teaching very young children—just emphasize variety, which is the basis of sound nutrition.

To help you provide these opportunities, we have developed learning experiences about foods that help children with language, math, science, reading, and motor skills. You may do some or all of these in any order you choose, or add more if you like. Your program may already have curriculum materials about food and nutrition such as library books, the Peabody Kit, songs, a garden, or games such as, "Hi-Ho! Cherry-O" or "Don't Spill the Beans!" and "Lotto". Now, while you are sending home the "Lickin' the Bowl" letters, is an ideal time to use these materials.

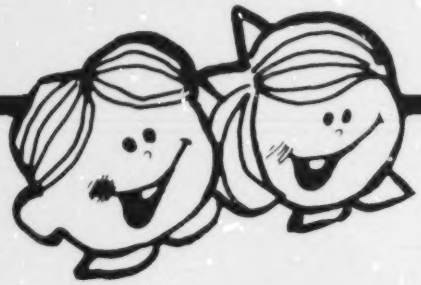
Whether you choose to do some or all of these activities or to just send the letters home with the children, we hope you will enjoy using the series. Please contact the OSU extension center in your county for more information and assistance.

Your friends,

Rosemary Good Elaine Wilson

Rosemary Good, R.D.
Nutrition Education Specialist

Elaine Wilson
Parenting Specialist
Home Economics Cooperative Extension



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

1: Milk and Milk Products

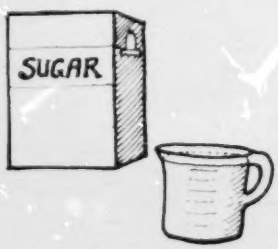
1. Make ice cream.

Ingredients for Ice Cream

Sweetened Condensed Milk

1 can

1 cup Sugar



2 quarts Milk

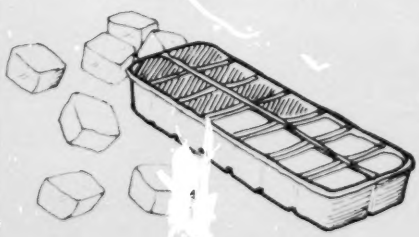
Evaporated Milk

1 can

Vanilla

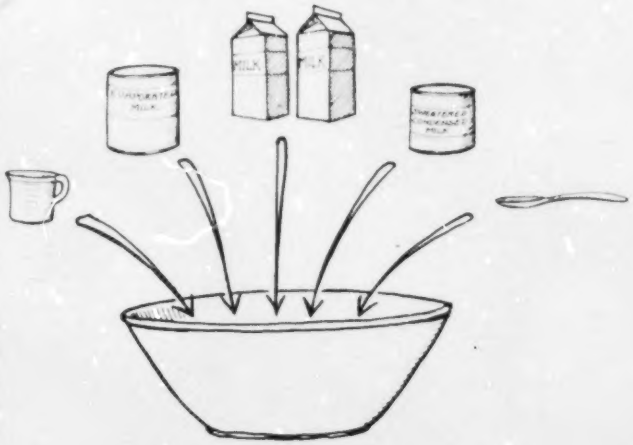
1 teaspoon

Ice



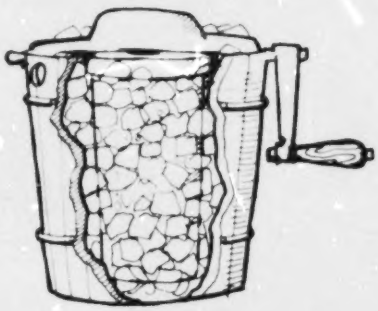
Rock Salt

Mix these ingredients together

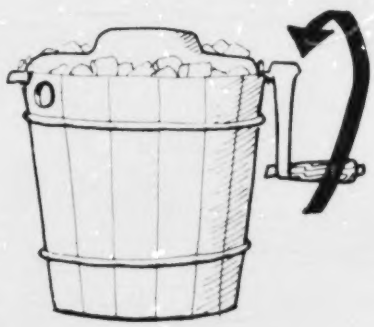


Pour into ice cream container

Pack ice and rock salt
around the container
(8 to 1 proportion of ice to salt)



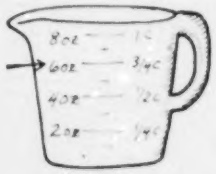
Turn crank until the
mixture thickens into ice cream



HINT: Serve ice cream in bowls or cups. They are much easier for children to handle than cones or sandwiches. Most children will prefer ice cream that is slightly melted because it is easier to spoon and their teeth tend to be quite sensitive to extreme cold.

2. **Hear a story.**
   "Hey Cow" from Head Start Central or National Dairy Council USD # 501
   "My Friend the Cow" from National Dairy Council
   6300 N. River Road
   Rosemont, ILL. 60018

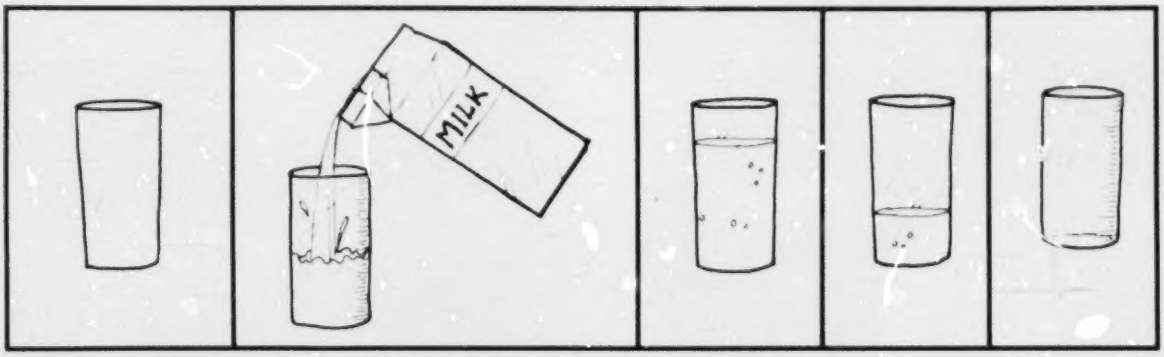
3. Learn to measure 6 oz. (Children should have 12-18 oz daily)

6 ounces! 

"That's how much I should drink at every meal!"

4. Put things in order.

You may use real objects or pictures. You may use three or five depending upon the abilities of the children in your group. Help the children figure out the order by telling the story: What happened first? Get an empty glass. Then what? Pour in milk. Then what? Drink it all up.

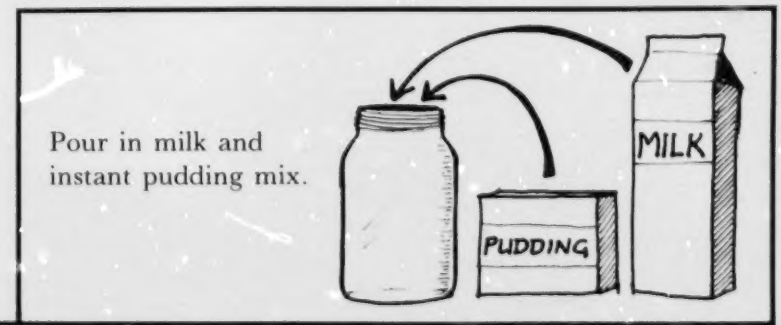


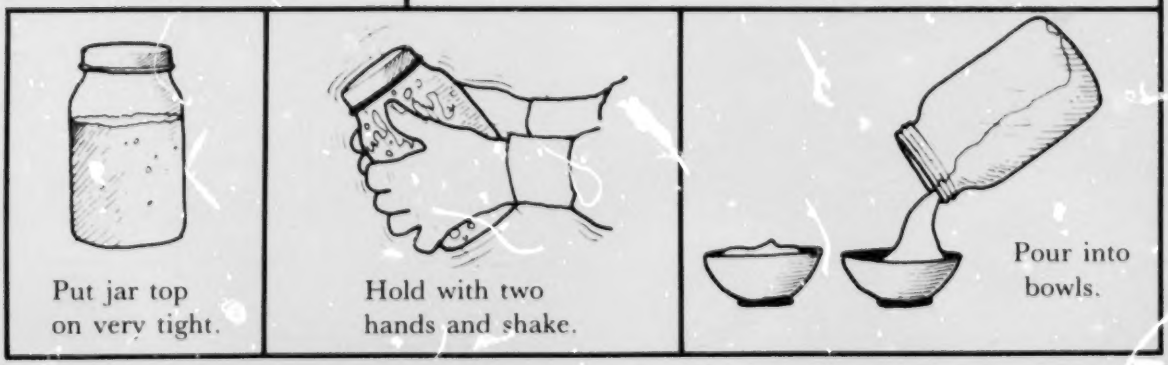
5. Taste different cheeses.

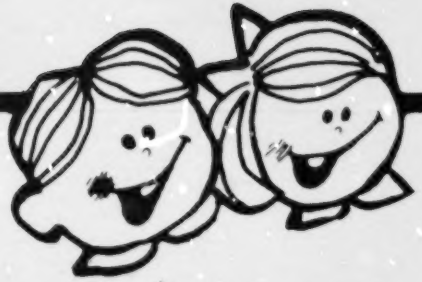
Have a tasting party. Include two or three different kinds of cheese: cheddar, mozzarella, brick, swiss, edam. Let the children taste each one comparing color, taste, and appearances.

"Swiss cheese has holes."
"Mozzarella is white."
"Cheddar is yellow."

6. Shake a pudding.







OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

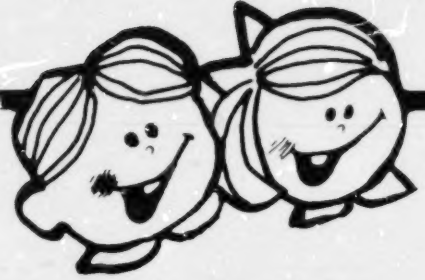
2: Breads and Cereals

1. **Act out a story.**
   Read or tell the children the story of the "Little Red Hen." Then with your help let them tell the story by filling in easy parts that you leave out. Eventually, they should be able to act out the story.
2. **Make something to wear or look at.**
   String cereal and/or macaroni to make a necklace, bracelet or belt. A little tape on one end will make yarn or string stiff enough to push through.

Make a collage of cereal or pasta. To help children learn the names of shapes use square shaped cereals as well as round shaped cereals. As the children glue the shapes talk about their differences and names. "A square has 4 sides."

3. **Learn about grains.**
   Visit a farmer, health food store, or feed mills to get some different grains - wheat, barley, alfalfa, oats. Let the children look at them and touch them. How are they the same?, different?
4. **Make your own flour.**
   If you want to make your own flour put the grain in a blender and using high speed, blend until a flour is produced. Put in only ½ cup at a time. One cup of grain will make a little more than one cup of flour. Then you can make pie crust or biscuits, or bread. It works best if you combine with "store bought" flour.
5. **Do you know the muffin man?**
   Make muffins and sing this song. The children will enjoy "selling" muffins to each other. You can make blueberry muffins, apple muffins, cranberry muffins, peanut butter muffins, oat meal muffins - lots of varieties!

   Do you know the muffin kid
   The muffin kid, the muffin kid?
   Oh do you know the muffin kid
   Who bakes a lot of bread?



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

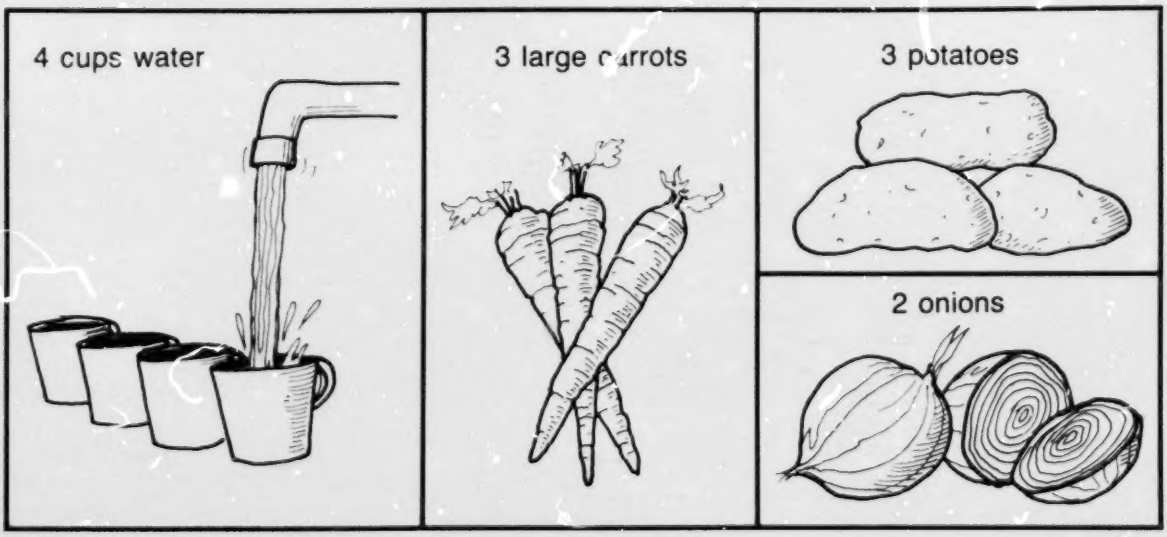
Activities for Groups of Children

3. Fruits and Vegetables

1. **Make cooperation soup or cooperation salad.**
   Everyoody helps decide which vegetables or fruits to use.
   Everybody helps wash fruits and vegetables.
   Everybody helps peel and slice fruits and vegetables.
   Everybody gets a chance to stir.
   Everybody gets a chance to eat.

SOUP	FRUIT SALAD	VEGETABLE SALAD
carrots	apple	lettuce
tomatoes	banana	spinach
potatoes	oranges	tomatoes
peas	melons	celery

Ingredients for Vegetable Soup



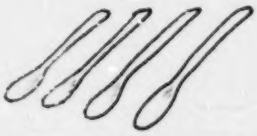
2 stalks
celery

1 can tomatoes

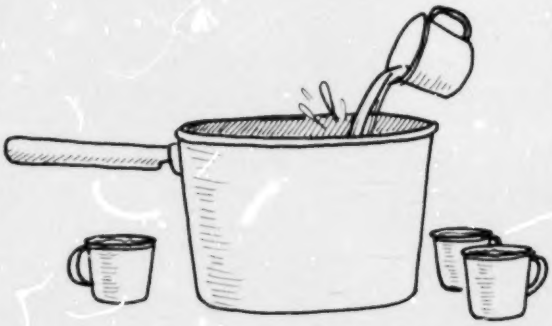
1 can corn

1 can peas

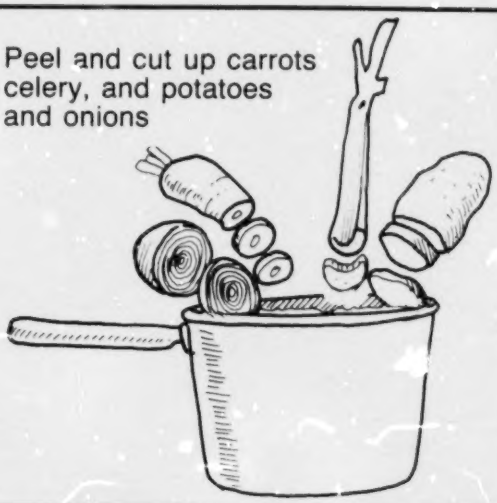
4 teaspoons
beef bouillon



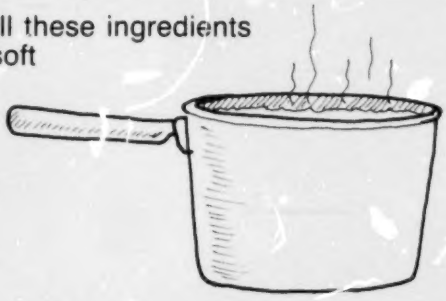
Heat 4 cups of
water in a large pot



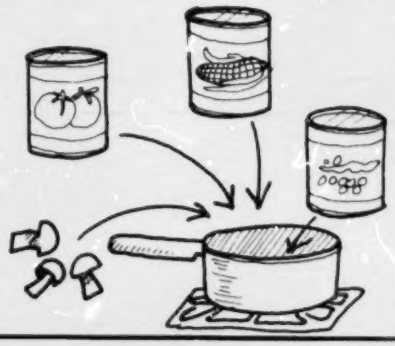
Peel and cut up carrots
celery, and potatoes
and onions



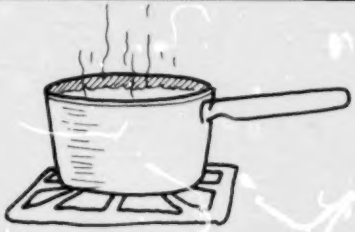
Boil all these ingredients
until soft



Add:



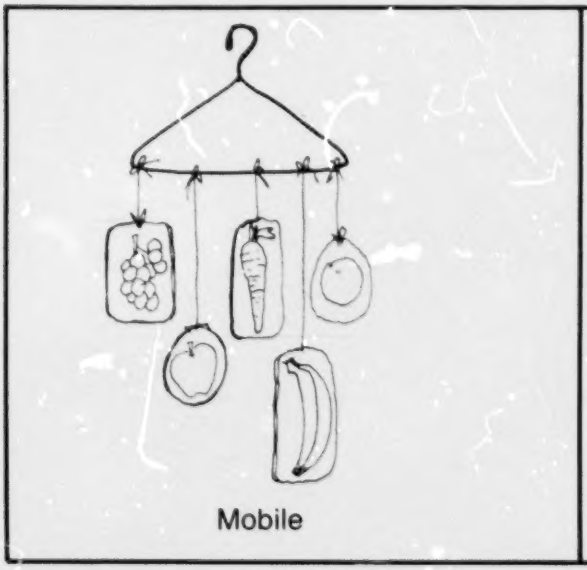
Boil 10 minutes longer



2. **Classify fruits and vegetables.**
Using plastic models, pictures, or real fruits and vegetables, encourage children to group them by color, by "those I like best" and those I like least "by those I have tasted" and those I have never eaten, by shape, or any other category their imagination provides. As they sort fruits and vegetables, they develop basic classification skills.

3. **Cut and paste magazine pictures.**
Use magazine pictures of fruits and vegetables. The children may tear or cut the pictures and glue, paste, or tape the pictures to paper. Label the collage: "My favorite vegetables," "The fruits we put in our salad," "Fruits and vegetables I want to taste" or whatever the children suggest.

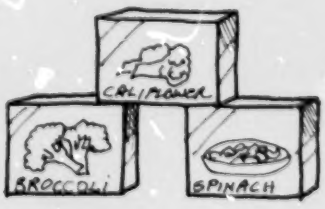
4. **Use posters to decorate.**
Visit your grocery store and ask the produce manager to give you some promotional materials. These include large posters, pictures of fruits and vegetables. You can use these to decorate rooms by hanging them on the wall or making mobiles. Children may like to paint or collage over large posters. They may dictate an experience story.



Mobile

Experience Story

5. **Build with cans and boxes.**
Ask parents to help you save cans or boxes with pictures of fruits and vegetables — frozen food packages are excellent. These can be used as blocks to build or glue together to make a stable or used as props in acting out a story. The children learn to "read" the picture label and recognize that foods come in many forms. They may recognize food boxes used at home.



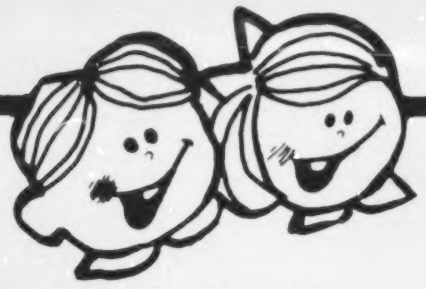
6. Set up an interesting display for children to explore.
On a low table, shelf, bench, or even on the floor set up a display of several fruits and vegetables with a common theme. Print a sign that tells how they are alike.

All of these are
red on the outside:
- tomato
- apple
- radish
- beet

All of these are apples:
- red apple
- green apple
- yellow apple

All of these grew
under the ground:
- potato
- radish
- turnip
- beet

All of these are potatoes:
- Idaho potato
- red potato
- sweet potato
- new potato



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

4: Meat and Meat Alternates

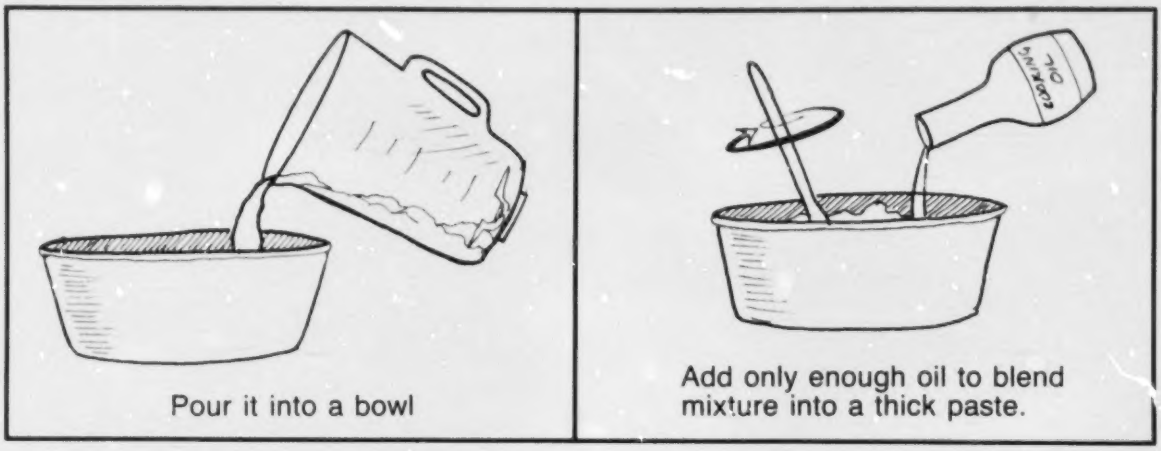
1. Make peanut butter.
Buy peanuts in the shell, Children and adults can shell them. Grind them in a blender. Add oil and salt.

Ingredients for Peanut Butter

1 cup of raw peanuts, unsalted

Recipe for Peanut Butter

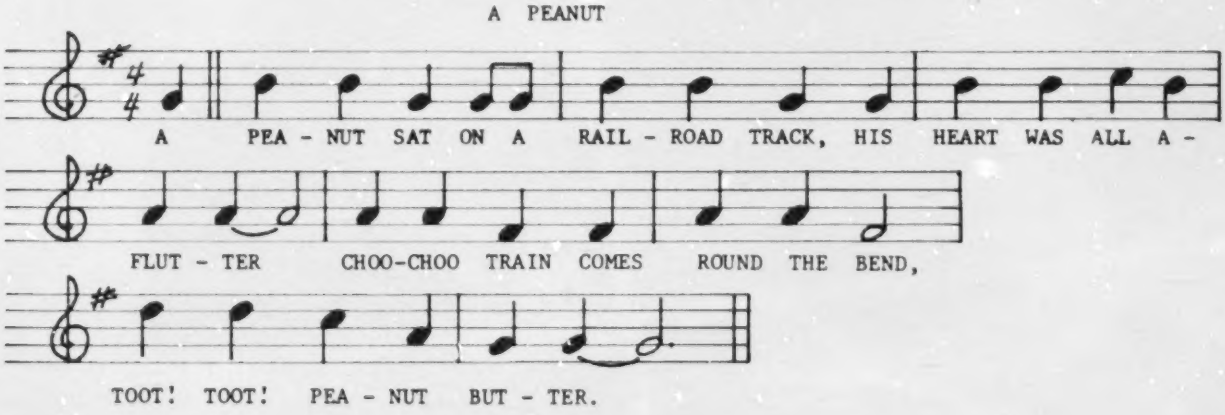
Grind 1 cup of peanuts in a blender



Pour it into a bowl

Add only enough oil to blend mixture into a thick paste.

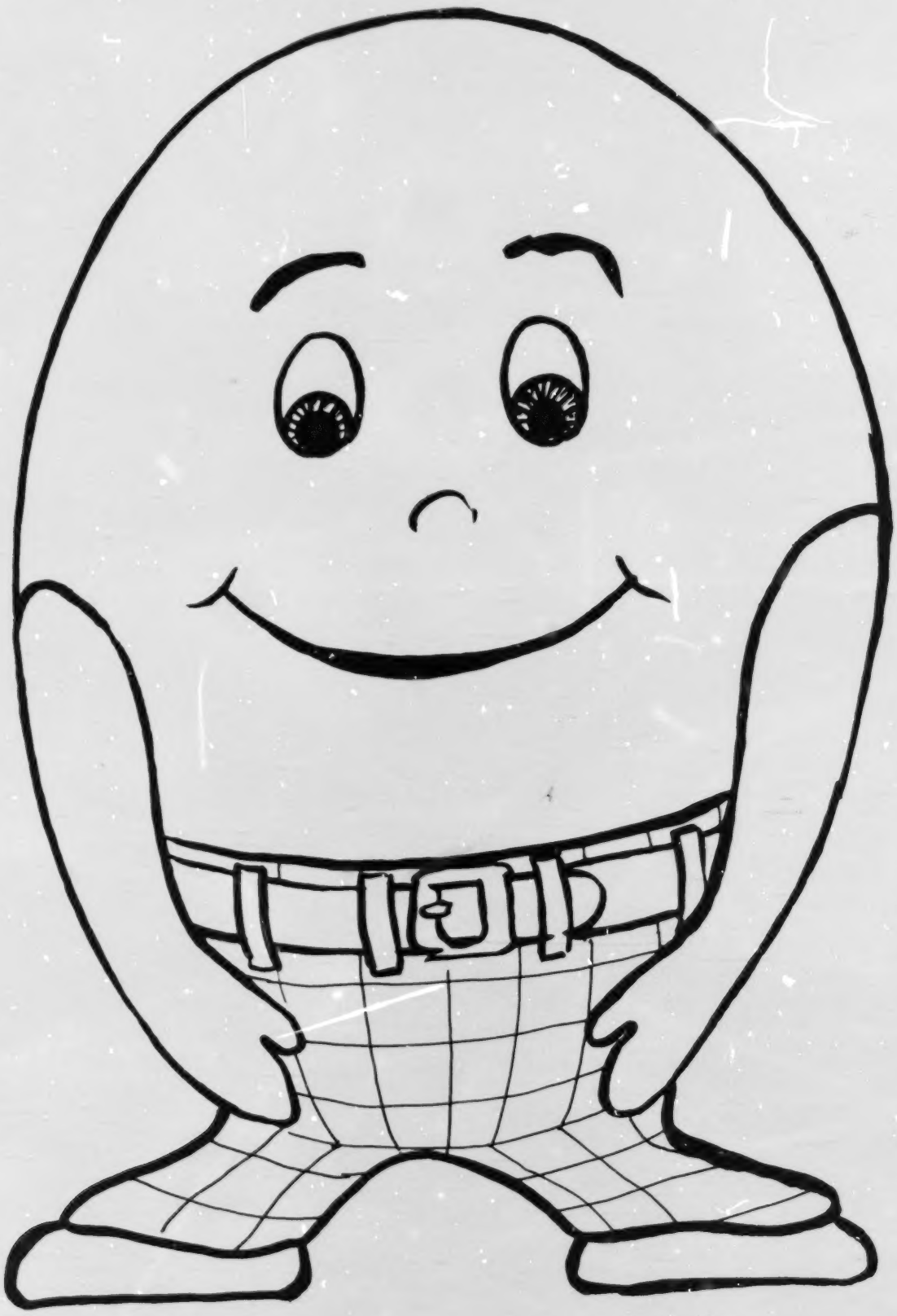
2. **Sing a song about peanut butter.**

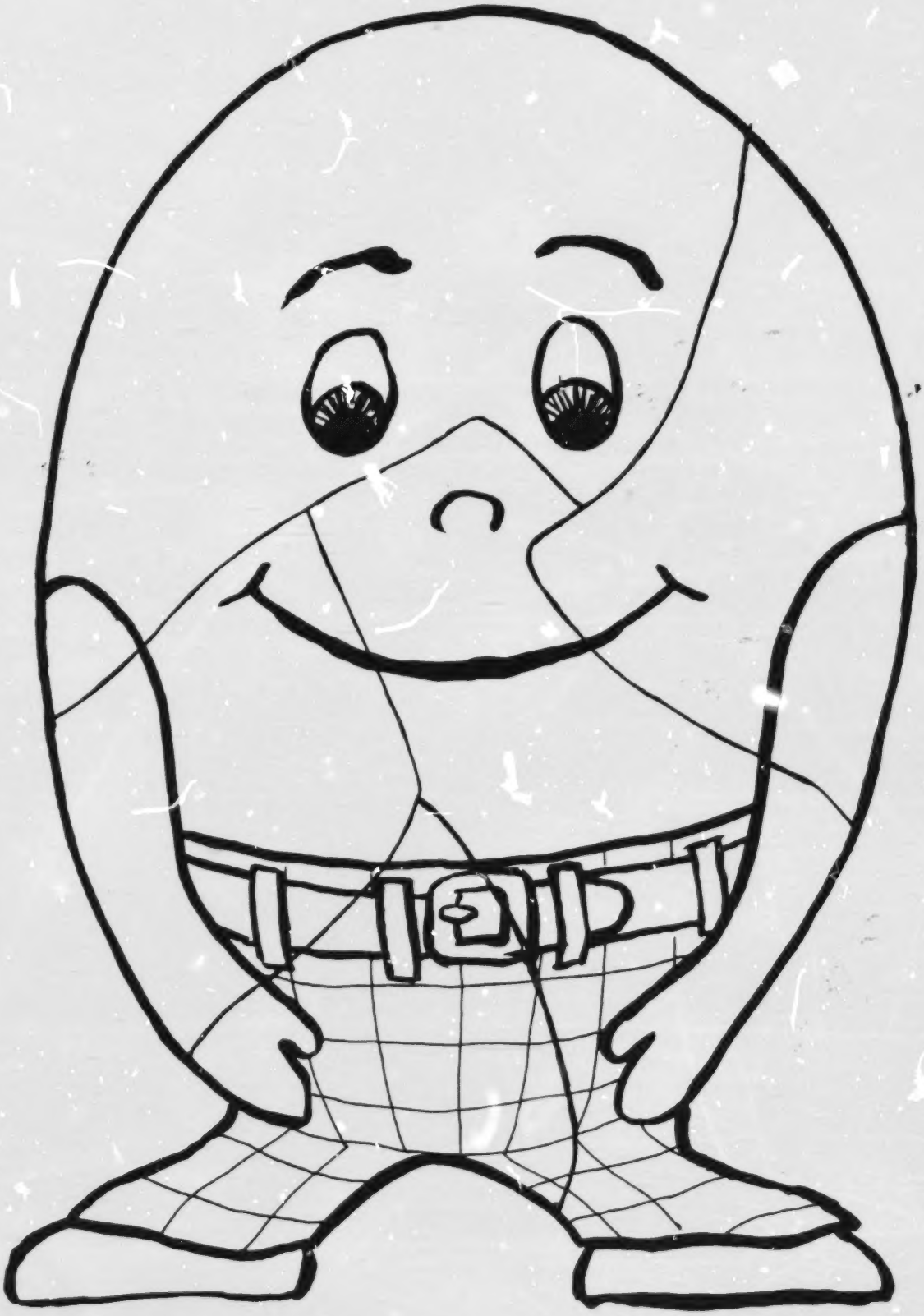

A PEANUT
A PEA - NUT SAT ON A RAIL - ROAD TRACK, HIS HEART WAS ALL A -
FLUT - TER CHOO-CHOO TRAIN COMES ROUND THE BEND,
TOOT! TOOT! PEA - NUT BUT - TER.

3. **Scramble Eggs**
   Crack open an egg and pass it around for everyone to inspect. Then crack open 5 or 6 eggs and salt and beat. Then cook in an electric skillet. Compare the raw egg and the scrambled eggs. Review what you did to make them different. Taste the scrambled eggs.
4. **Put Humpty Dumpty together again.**
   Use pattern provided to make at least 2 copies of Humpty Dumpty. Leave one whole, but divide the other to make a puzzle. Children can use the pattern to put the puzzle together.

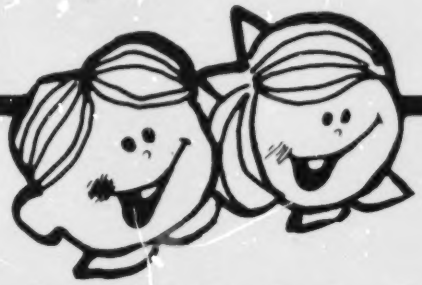
   Humpty Dumpty sat on a wall.
   Humpty Dumpty had a great fall.
   All the king's horses and all the king's men.
   Couldn't put Humpty together again.
   (But I could!)

   PATTERNS ON NEXT TWO PAGES
5. **Play restaurant.**
   Make your own props or visit a restaurant or fast food store and ask for cups, boxes, hats, bags, menus, and other items. Set these up so the children can play like customers or workers. Teachers may need to guide them at first.





17



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

5: Snacks

1. **Pop some popcorn.**
   Children (and adults) love popcorn and it provides a lot of opportunities to learn about change, dental care, and nutritious snacking. When popcorn is cooked, children can watch, smell, listen, feel, and taste the changes. Encourage good safety and health habits: wash hands, be careful of heat and wires.

2. **Pretend you are popcorn.**
   Children like this creative movement. First they are little kernels of corn. Then they begin to sizzle, sizzle, and then POP! — They jump up as large pieces of popcorn. The next step is to be a salt shaker or melted butter! Through this movement exercise they learn concepts of small and big and the sequence of events in cooking.

3. **Encourage good snack habits.**
   Snacks should be a regular part of the day's routine of good nutrition. Children should be seated and participate in snack as they do for a meal. Eating on the run is not healthy or safe for young children (or adults). Snacks should provide an opportunity to taste new foods — not a reward for good behavior.

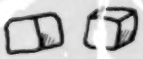
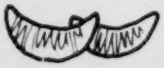
4. **Count, add, subtract, divide, multiply to make snacks equal.**
   At snack time let the children participate in calculating the amount each person gets. The group might start with 3 oranges. As the teacher cuts halves, quarters, eighths, the children count the pieces of orange. They may divide them "one for Joan, one for Jerry, one for Bill, etc." until all are equally divided. The cook or teacher might set the limit, "Each person gets 4 pieces." As the child eats a section the rind is saved on the child's napkin. "Mary has eaten 2. How many more does she get?"

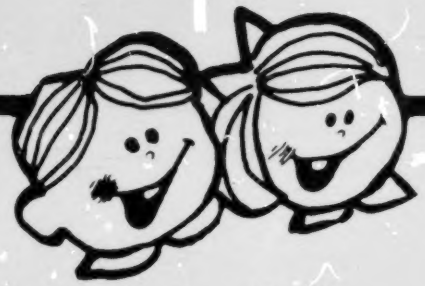
5. **Eat a snack you have read about.**
As the children enjoy story books plan snacks that relate to the story.

Blue Berries for Sal	blueberry muffins
Stone Soup	vegetable soup
Little Red Hen	bread and butter
Bugs Bunny	carrots
Bread and Jam for Frances	bread and jam

6. **Pack a snack.**
Planning a field trip? Why not take along a simple snack like orange juice and celery sticks. The children will enjoy bagging individual snacks like their working parents' brown bags. The entire group could pack their snack in several picnic baskets or boxes. It is nice to take along a sheet or spread — this shows everyone where to sit. On a rainy day take your "picnic" to an indoor area of the center where you usually do not have snack.

7. **What's for snack?**
Let the children plan snack. Make a chart of the days of the week and write in the name of the snack and add a picture of the snack. You might want to give the children a few approved choices or you make the choices and the children select the days. They refer to your week's calendar/chart to help the children develop time concepts and reading skills.

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Cubes  Grape Juice	Orange Slices  Water	Peanut Butter and Crackers Milk	Carrot Sticks Milk	Oatmeal Muffins Milk



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

6: Breakfast

1. Breakfast is important.

Many children come to school or day care hungry and they need to "break the fast." It is important that they eat something. Breakfast does not have to be cereal, eggs, and bacon — just something that nutritiously ends their hunger, before their day begins. Perhaps the mid-morning snack should be provided early in the morning. Once again, variety of foods is the important consideration:

peanut butter and toast,
cheese and crackers,
soup or stew,

can be good breadfast foods.

2. Tell a story.

Let the children say the missing parts of this story or change it to suit your group.

Hungry Harry

Harry woke up. He stretched and yawned. It was morning. Growl went his stomach. *(Children growl)* Harry was hungry - very hungry. But Harry was in a hurry. He dressed quickly. His stomach growled again *(Children growl)*. Harry was *(hungry)*. But, he hurried off to school without eating *(anything)*.

Pretty soon Harry was so hungry that he became grumpy. "Want to play with blocks?" asked his friend Sally. Sally was smiling. She was not hungry. She had eaten something before she came to school and she was ready to play. "No!" shouted Harry. He was grumpy because he was hungry. He did not want to play.

Later when the teacher was reading a story, Harry tried to listen. He tried very hard to listen, but he couldn't pay attention. Harry was hungry. Then, once again, his stomach *(growled)*.

Harry was very unhappy. He was very *(hungry)*. He was grumpy. He couldn't pay attention. His stomach growled *(Children growl)*. Harry was hungry.

3. Learn colors.

Plan nutritious early morning snacks that help children learn colors. As the children eat the food name the color and other things that are the same color.

red - tomatoes or cherries or strawberries
blue - blueberries
purple - grapes or grape juice
yellow - cheese
orange - oranges
brown - toast or whole wheat bread
green - beans, peas, spinach, limeade, mint jelly
white - milk

4. Invite the parents for breakfast!

Is attendance low at parent meetings? Try another time — like before school. Invite the parents, brothers and sisters to breakfast with children and teachers at school. Borrow some electric skillets and let everyone help make pancakes. Cooking together is fun. Or make some sweet rolls the day before with the children and serve them to the parents and children with milk, juice, and coffee.

5. Who ate breakfast today?

As the children arrive, let them change the bulletin board as if they were taking roll.

Mary	(Yes)	Sue	(No)
Bill	(No)	Joe	(Yes)
Betty	(Yes)	Sam	(Yes)

A circle with "yes" on one side and "no" on the other is beside each name. The child turns the circle to the word that answers the question.

OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

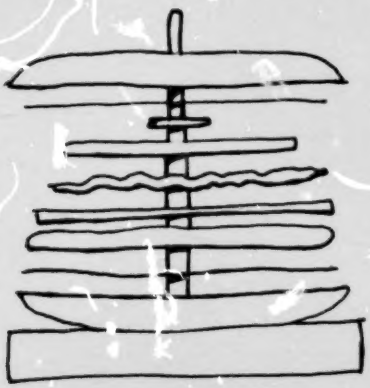
Activities for Groups of Children

7: Sandwiches

1. A sandwich is a sequence or pattern.

A sandwich is a repeated process that children can remember and appreciate the familiarity. They enjoy the idea that a sandwich is "two of the same thing on the outside and something different inside." This recognition of a simple, repeated pattern is basic to memory, reading, and reasoning.

Make a sandwich or tower using fabric, wood or heavy paper that looks like sandwich ingredients.



Bun
Mustard
Pickle
Tomato
Lettuce
Cheese
Hamburger
Mayonnaise
Bun

Each part has a hole in the center to fit over the stick.

2. Make some shape sandwiches.

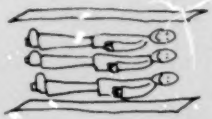
Using bread and the filling of your choice: butter, peanut butter, jam, cheese, - make sandwiches in several shapes.

Save the crusts and left over bread to make bread crumbs, dressings, or for casseroles.

Or use cookie cutters for more complex shapes.

square triangle circle star moon sun

3. **Make a human sandwich sculpture.**
Use a blanket, sheet, or mat as the first slice of bread. One child lies on the "bread" as the ham, then comes the cheese, lettuce, mayonnaise, etc., until you have a stack of children. Put a blanket, sheet, or mat on top as the last slice of bread. All come tumbling down as someone "eats" the sandwich. Repeat for hamburgers, hot dogs, open faced sandwiches, and as many ideas as you and the children can manage.



4. **Plan a special event.**
Invite the parent for lunch or supper and serve simple sandwiches that the children prepare. You might want to grill hot dogs or hamburgers, but peanut butter sandwiches would be much easier and less expensive.

Busy parents
"We are cooking
for you!"
Come and Join us.
Day _____
Time _____
Place _____

MENU

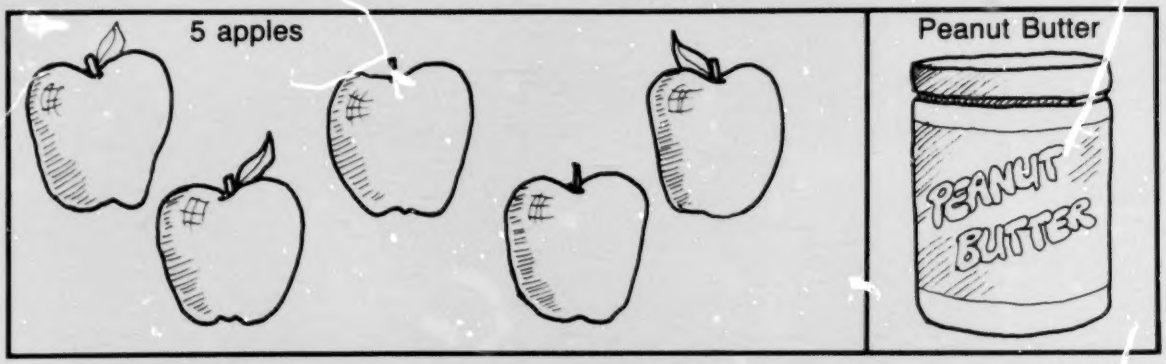
Peanut Butter
Sandwiches
Carrot and Celery Stick
Milk
Watermelon

HINT: Remember to cut sandwiches, hot dogs, hamburgers into quarters for young children. The smaller sizes are easier for them to handle and there will be less waste.

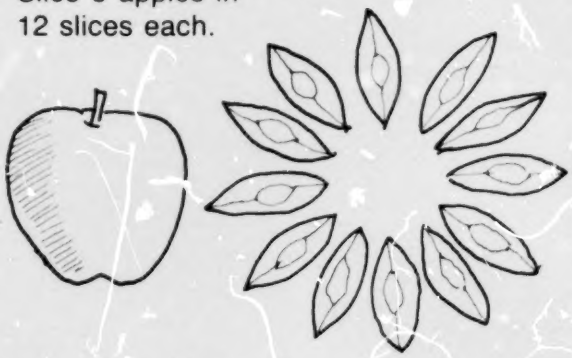
5. **Try some unusual sandwiches.**
Once the children have grasped the idea of a sandwich, they will suggest new ideas. "I am going to make a sandwich with my crackers and cheese." Now they are ready for some unusual sandwiches that you or they can dream of:

waffle sandwiches
graham cracker sandwiches
apple sandwiches
gingerbread sandwiches

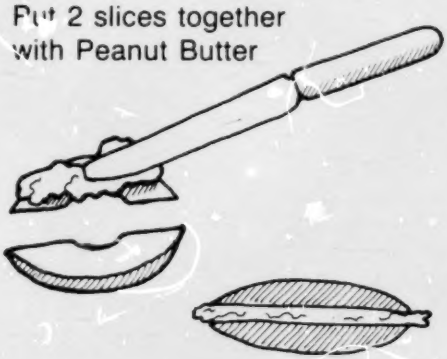
Ingredients for Goober Sandwiches

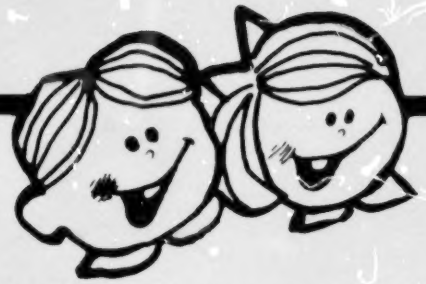


Slice 5 apples in
12 slices each.



Put 2 slices together
with Peanut Butter





OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

8: Beverages

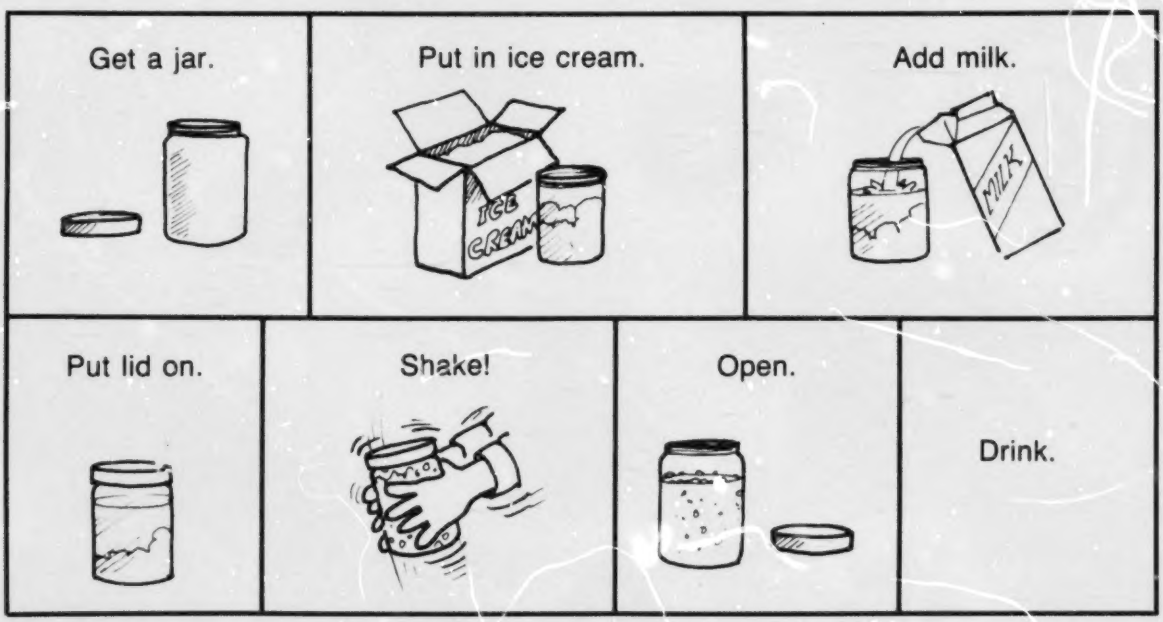
1. Water is a beverage! And an important nutrient!

Water is an appropriate beverage for meals and snacks and should be included in the menu. Instead we often have a sweetened beverage — not good for teeth or calorie counters.

Children love water — they play in it, pour it, drink it, and water is not expensive. So include water in your lunch and snack menus. If you have a drinking fountain, you know that it is not necessary to encourage children to use it — they use if often and long. If there is no water fountain, put a pitcher of water and cups on a tray outside and inside. Active children need lots of water.

2. Make a milk shake.

You could use a blender, mixer, or a shake jar to make a delicious milk shake. Try different flavors: chocolate, vanilla, stawberry, banana, or cherry. When the children see how it is made and have a part in the process, they enjoy the variety of flavors. Later ask a child to tell you the recipe. You will be amazed at how well they remember.



3. **Other milk shake ideas are fun.**

Make a mud and sand shake, outside. Provide containers with close fitting covers, shovels or spoons, sand, mud, and water. This provides the children with an opportunity to repeat over and over, the milk shake making experience.

Set up a store to "sell" milk shakes. "Want a shake? Vanilla, chocolate, or strawberry? That'll be 50¢ please." Out side children can "drive through" on their tricycles.

Creative movement delights young children. They will enjoy shaking arms, feet, hands, legs, and their entire body while singing this song:

This little hand, it can shake
Shake, shake, shake, it's like a milk shake.
Nick, Nack, paddy wack, give your dog a bone.
Milk shake, milk shake all the way home.
(Tune: This Old Man)

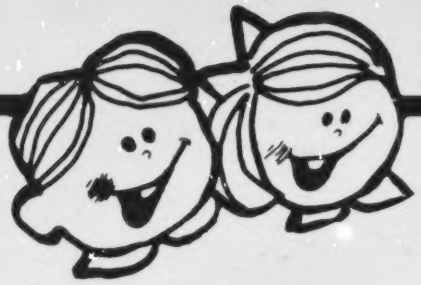
4. **Make a beverage from "scratch".**

Take a trip to an apple orchard, grape field, orange, lemon or grapefruit grove, peach or plum orchard, strawberry field and pick the fruit. Children will enjoy this simple experience. You need not plan anything special. Just go to the field, run and walk among the trees or plants, and then right before you leave, each child picks one or two. When you get back to school, wash the fruits and begin the long process of making juice. The aroma will be quite pleasant and everyone will appreciate the effort it takes to make juice from "scratch".

5. **Compare juices in several forms.**

Take a trip to a grocery store. Before you leave, make your shopping list. Then walk through the store and select fresh oranges, frozen concentrate for orange juice, canned orange juice, bottled orange juice in the dairy case. Be sure to purchase orange *juice*, not orange *drink*. Orange drink is mainly sugar and water. Once you get back to school squeeze juice from oranges, add water and mix the frozen orange juice. Then chill all of the juices. Give everyone a chance to taste each one and compare. Talk about the work or fun required to make each one. You could repeat this with lemonade or grape juice.

SHOPPING LIST
oranges
frozen orange juice
canned orange juice
bottled orange juice



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

Activities for Groups of Children

THANK YOU

WE HOPE YOU ENJOYED "LICKIN' THE BOWL"

THE NEXT THREE PAGES PROVIDE SOME SIMPLE PLAYING CARDS SUITABLE FOR GAMES THAT VERY YOUNG CHILDREN CAN MANAGE. HAVE FUN!

Be sure to contact your O.S.U. Extension Center located in the county seat for more information.

Instructions: Cut out each card. Mount on heavy paper or cardboard. Cover with clear contact paper. The game can be played the same as "fish" until one player has all vegetables, fruits, or meats.

Children will enjoy sorting and grouping cards by their own ideas. When a "wild" card comes up the child names a favorite food. Teachers may wish to use these like flash cards.

HAMBURGER
HAMBURGER

PIZZA
PIZZA

HAM
HAM

PORK CHOPS
PORK CHOPS

HOT DOGS
HOT DOGS

TURKEY
TURKEY

CHICKEN
CHICKEN

BACON
& eggs
BACON
& eggs

CHEESE
CHEESE

PEANUT
butter
PEANUT
BUTTER
PEANUT
butter

PANCAKES
w/eggs
PANCAKES
w/eggs

FISH
FISH

PEACHES

STRAWBERRIES

ORANGE
orange juice

GRAPEFRUIT

APPLES

GRAPES

BANANAS

APRICOTS

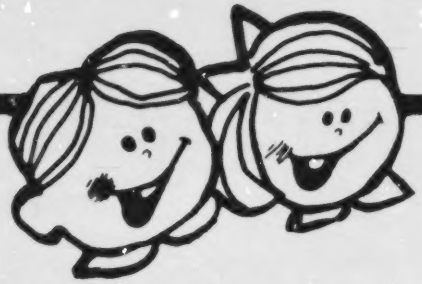
WILD
card

WILD
card

RAISINS

MELON

ICE CREAM
ICE CREAM
MILK
MILK
CRACKERS
CRACKERS
BREAD
and BUTTER
BREAD
and BUTTER
TOMATO
TOMATO
POTATOES
POTATOES
CARROTS
and peas
CARROTS
and peas
BROCCOLI
BROCCOLI
BEANS
green
BEANS
green
LETTUCE
LETTUCE
CELERY
CELERY
CABBAGE
CABBAGE



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

Evaluation

Dear Teachers of Young Children:

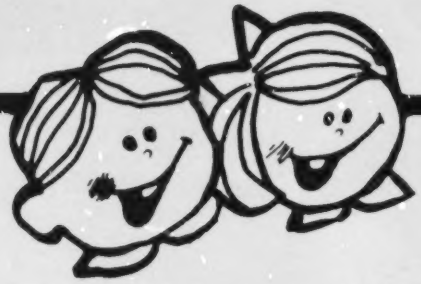
For the past few weeks the children in your program have been taking home newsletters called "Lick' the Bowl". To help us improve these materials please take a few minutes to fill out this form.

How many children are in your group?	_____	
Did you use the classroom activities for your group?	yes	no
Which one did you like best?	_____	
Which one did you like least?	_____	
Have the children in your program become more interested in different foods?	yes	no
Are the children more willing to try new foods?	yes	no

Please return this form to:

Elaine Wilson
Parenting Specialist
Home Economics Cooperative Extension
Oklahoma State University
Stillwater, OK 74078

Prepared by Elaine Wilson, Parenting Specialist, Home Economics Cooperative Extension.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

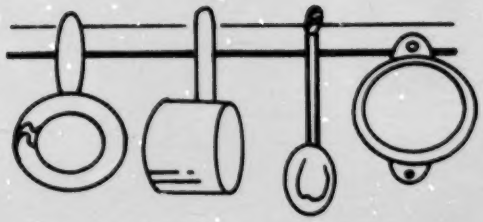
Teacher Comments

The parents liked the letters and contributed much of the food needed for this unit. The newsletters are very good and add to our lessons. The pictures showing what to do on the recipies are very good for kindergarten.

Leota Betts
Waynoka, OK

We distributed the newsletters every Friday during October and November. The parents liked them. We prepared foods in the classroom. I liked the recipes that children could follow and use.

Mrs. Dobbs
Alva, OK



Dear Friend,

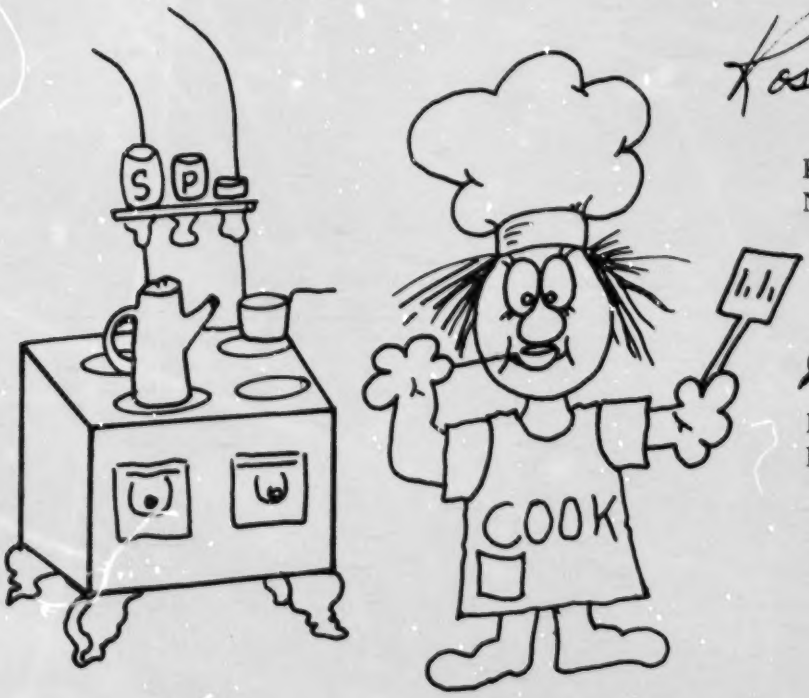
"Lickin' the Bowl" is a favorite activity of small kitchen helpers. That is why we have provided this series of newsletters for the parents of preschoolers. These newsletters have suggestions for specific food experiences that parents can have with their children. The newsletters were developed by Diana Lewis and Judy Stadler, both Nutrition Specialists for Cooperative Extension, and were later revised by Rosemary Good, Nutrition Education Specialist.

This "Lickin' the Bowl" series is the second part of the program including both teacher instruction materials and home-based family activities. Our experience has shown either part can be used alone with success, but the program is most effective when both parts are used simultaneously.

Feel free to copy the "Lickin' the Bowl" series and send them home with the children. That's what they are for!

We will provide assistance in implementing the program and would appreciate hearing how the "Lickin' the Bowl" Series was received. Please write us at Oklahoma State University.

Bon appetit!

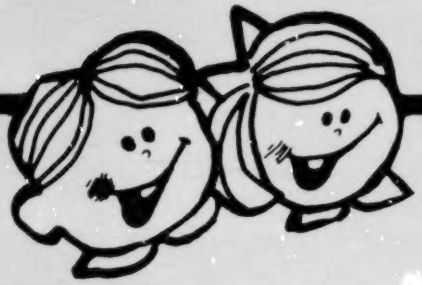


Rosemary Good

Rosemary Good, R.D.
Nutrition Education Specialist

Elaine Wilson

Elaine Wilson
Parenting Specialist



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Preschool Children

Dear Parents,

This is the first of a series of newsletters designed to help you, the parents of a pre-schooler. We all know that food is important to the child and to the entire family. But often, in our hurried lives, we take that importance for granted. We provide our children with the right foods at the right times and leave it at that.

If, instead, we look on food preparation and eating as ways for us to help our children enjoy family life and learn specific skills, we will find that meal and snack times can become rewarding, even adventurous experiences.

Family enjoyment

Family food experiences will tell a child that food is fun, that eating with the family is fun, that food is a part of special family occasions. Whenever possible, try to make a family meal time a relaxed, unhurried time. It won't be possible at every meal. But make it a point whenever you can.

Social Skills

By preparing food and eating with you, your child will be learning important skills for getting along in the world. Children can learn about cooperation, planning, taking turns, serving others first and, in general, respecting themselves and others. Your child will also be learning how important it is to be sharing in the work of your family.

Food is Important

You will be helping your child to appreciate that food does more than fill the stomach. Food contains substances called nutrients. These nutrients help children grow, to be healthy and to have the energy to work and play. Food comes from plants and animals. In fact, specific foods and dishes may be an important aspect of our culture and family heritage.

Physical Skills

Through actual experiences with measuring, mixing and cooking, your child will develop small muscles and coordination. Your child will also learn about how objects or substances are related to each other in space.

Safety and Cleanliness

By handling equipment properly your child will learn how to do work in a careful, safe manner. Cleaning dishes, work areas and hands will help your child learn how to keep self and surroundings clean.

Learning Skills

Language: Food experiences will help your child learn to use the correct words or terms, to explain what he or she is doing, to share an enjoyable experience with Mom or Dad by talking together while working together.

Science: Your child can learn to observe (see what's happening), predict what will happen next, evaluate whether results were good or not so good.

Mathematics: Food preparation involves experiences with number terms, number groupings, number sequences, measurement, portioning and shapes.

Creative Skills: Sensory Experiences

There is beauty in a freshly baked loaf of bread — or a plate of fruit — or a hamburger. Experiences with food will help your child appreciate the incredible color variety in the food world, the shapes, the smells, the feel of food.

Food and Fun: Seed Mosaic

Seed mosaics are fun and easy to make except for one part. That's collecting the seeds. So, if you plan to do this project, collect many different sizes, shapes, colors, and types of seeds.

WHAT YOU NEED

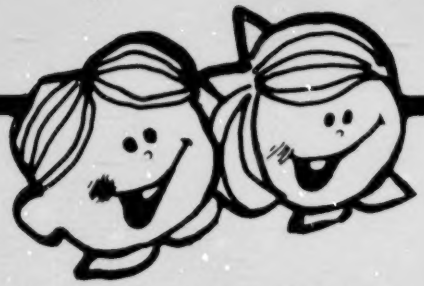
* Seeds
* Board, paper, or whatever you want to decorate
* Clear-drying glue
* Tweezers

Here's What to Do:

1. Collect the seeds. Make sure they are dry. They can be dried in an oven or in the sun.
2. Draw the design lightly.
3. Glue a small area of the design and apply the seeds. You may need the tweezers to place them. Work with one small area at a time. Uses lots of glue. Let it dry.
4. Coat the design and seeds with a clear sealer, such as varnish or shellac.

Instead of seeds, your child can also use small pebbles or shells.

Coming newsletters in this series will give you more suggestions for food experiences with your young child.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Preschool Children

MILK AND MILK PRODUCTS

Dear Parents,

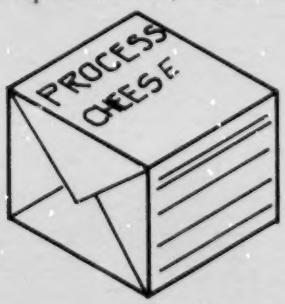
Now is not only the best but also the most important time to teach your child about the importance of milk and products made from milk. Your children are establishing lifetime eating habits right now and you can have more influence than anyone else can — even if it is already evident that your children have minds of their own! Although your child is not growing as rapidly as during infancy, important developments are occuring, especially the building of strong bones. The mineral calcium plays a big part in bone development and milk is by far the best source of calcium that we know of. (One cup of milk has as much calcium as 28 hamburger patties!) In fact, milk contains more different nutrients needed by children and adults than any other single food or drink. It contains protein to help build strong muscles, calcium and vitamin D for good bones and teeth, and carbohydrates and fat for energy.

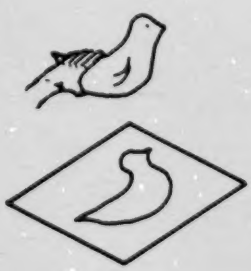
Getting your child to drink milk

Children one to three years old need 2 to 3 six-ounce glasses of milk daily. Children four to six years old need 4 six-ounce glasses of milk every day. If your child is a picky eater, you will need to be creative in meeting the daily need for milk. To encourage your child to drink milk, help pour six ounces of milk from a small pitcher into a measuring cup and then find a special plastic cup that holds just that amount or a cup that can be marked in some way. Be sure you have the needed time and patience before tackling this task!

Other ways of serving milk

Serve 3/4 cup pudding, 3/4 cup cottage cheese, six ounces of cocoa or 3/4 ounces of cheese in place of one six-ounce serving of milk. Let your child help you make the pudding by measuring the needed milk in a six-ounce cup, or let your child grate the cheese for a salad or casserole topping. Let your child taste different kinds of mild flavored cheeses which are cut in fun shapes with cookie cutters and make cheese dips which can be spread on celery or other raw vegetables. For a special treat, make a milkshake.





Other suggestions

Other food activities dealing with milk include — making butter, whipping cream, reconstituting and tasting powdered milk, and making ice cream.

Making ice cream is a special treat for children. It can also be a valuable learning experience even if they just think it's fun. Let your child break the eggs into a bowl and beat them with a rotary beater. Talk about the changes in color, shape and amount as your child is beating the eggs. Then help your son or daughter measure and add the sugar and salt. Talk about how these ingredients affect the mixture. Finally, let your child stir in the vanilla and milk, being sure to notice what this does to the color of the mixture. Help add the mixture to the freezer canister. Give your child the job of adding the ice and the early cranking (if you are using a manual freezer) and you can be in charge of adding the salt and the cranking later on when it becomes more difficult. Both of you can participate in the tasting in less than a half an hour!

Variety is a key in good nutrition so let your child have the advantage of being exposed to the many foods in the milk group early in life.

Milk Marvels

Add one of the following to 1 cup cold milk to add nutrition and interest. Be sure to mix well with blender or egg beater:

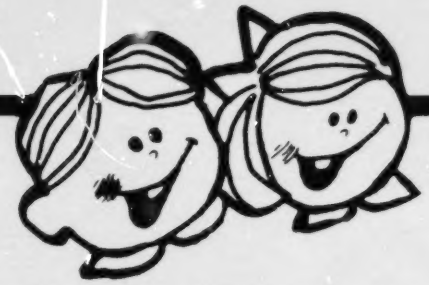
* ½ cup frozen or fresh strawberries and 2 tsp. honey
* ½ banana mashed or frozen first then mixed in blender
* canned peaches or pears
* ½ banana, a scoop of vanilla ice cream and 1 Tbsp. chocolate ice cream syrup
* one scoop of fruit-flavored ice cream or sherbet
* ½ cup of any fresh berries, 1 Tbsp. orange juice, and 2 tsp. sugar

Yummy Yogurt Popsicles

Mix well 1 carton plain yogurt and 1 (6 oz.) concentrated unsweetened fruit juice (orange is a favorite) and freeze in molds. 3 ounce paper cups work well as molds. For handles, insert wooden sticks or spoons when mixture is partially frozen.

Milk Eggnog

Blend 1 cup cold milk, 1 egg, 1 Tbsp. honey, and ¼ tsp. vanilla. This drink is a way of providing good protein if other protein foods are unpopular with your child at this time.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Preschool Children

BREADS AND CEREALS

Dear Parents,

Your child can enjoy a variety of experiences with foods from the bread and cereal group. First, your child can help select them when you go shopping. Your child can also help you store them in the right place when you get home. In the food preparation department let your child help with:

Quickbreads

Your child can measure and mix ingredients for muffins, biscuits, pancakes, waffles and cornbread. If you have time to do it from scratch, fine. If not, mixes are great. (Remember that overmixing can be the death of quickbreads.) Encourage your child to stir gently. But if your child can't, praise even the tunnels in the muffins. Your child can also arrange and shape refrigerated dough rolls.

Yeast breads

Breadmaking is a delightful food experience for children. Your child can measure the ingredients, help knead the dough, feel the texture, smell the wonderful aromas and, finally, taste the finished product.

Pizza

You can help your child prepare a package or scratch crust, then prepare the cheese, vegetables and meat to go on top.

Toast

This is a job a child can do all alone — or nearly. Your child can spread on a favorite topping.

Noodles

This project is a lot of fun but takes time. Guide your child in combining one beaten egg with 2 tablespoons milk and ½ teaspoon salt. To this, add enough sifted all-purpose flour to make a stiff dough, about 1 cup. (You will have to help judge what is enough.) Your child should roll the dough with a rolling pin. It needs to be very thin (roll on a floured surface.) After letting the rolled dough stand for 20 minutes, help roll it loosely, jelly roll fashion. Cut noodles by slicing ¼ inch slices across the roll. Your child can use a blunt knife or you can guide your child's hand while using a sharp knife. Then let your child unroll the noodles and spread them out to dry for two hours. They are then ready to cook in soup or boiling water for about ten minutes. This recipe makes 3 cups of noodles. They can be stored dry in a covered container until ready to cook.

Making flour

Help your child make wheat flour by grinding a small amount of cracked wheat in the blender or food processor until ground fine. (No more than ½ cup at a time in a blender; a processor will hold more.) Let your child use the flour to make noodles or pizza or other baked goods.

Popcorn

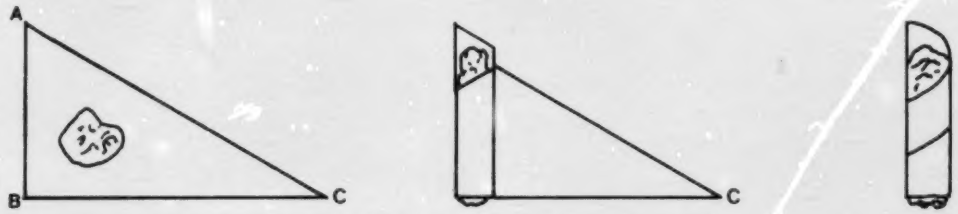
An automatic, self-stirring popper makes this job a cinch. After measuring the ingredients, all the child has to do is watch the popping and enjoy the smells and sounds. But remember, popcorn is not recommended for toddlers as it may cause gagging.

Quickie Turnovers

These are both fun and good to eat. Here's what you'll need:

1 can refrigerated crescent rolls	1 package (3oz) softened cream cheese	+	2 T. sugar	+	1 egg yolk	+	2 T. flour	+	½ tsp. lemon peel

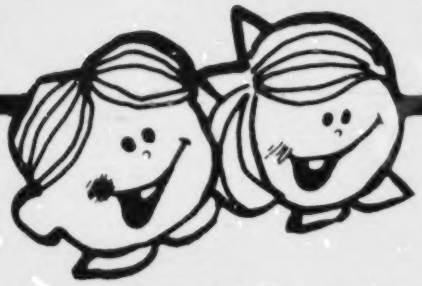
Add sugar to softened cream cheese and beat until fluffy. Add egg yolk, flour, and lemon peel. Unroll the crescent rolls and place about 1 T. filling in the middle of each roll. Roll up the crescent roll starting with the large end (a & b). Place end (c) of roll underneath the roll before baking.



Place on ungreased cookie sheet and bake at 375 F for 10-12 minutes.

Other filling suggestions:

Peanut butter	or	Granola	or	Other fruit
Powdered milk		Apple slices		
Raisins		Cinnamon and nuts		



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Preschool Children

FRUITS AND VEGETABLES

Dear Parents,

Grocery shopping and cooking may seem like a big job with small children around. When you are hurrying to get a meal on the table, they may be in your way, wanting attention. If this is the situtation in your home at mealtime, why not try letting your children help you on some simple jobs.

There are many things that small children can do that will help them learn about food. If you begin to teach them now about what food to buy, and how to prepare it, then they really will be able to help you a lot as they get older.

Grocery Shopping

If you have a litte extra time and patience, take your child to the grocery store with you. The produce department is a great place to teach colors — orange carrots, yellow lemons, shiny red apples — the bright colors are appealing to small children. Help your kids to learn early that fresh fruits and cut-up raw vegetables make good snacks. They contain two important vitamins. C for healthy gums and quick healing of wounds and A, which helps keep skin and eyes healthy.

Making Snacks

Let your children help you in preparing food. If you're too busy and rushed to do this at mealtime, why not start out with some simple snack ideas you can fix together.

Ants on a log are a favorite of many children. Wash celery stalks and cut in 2-3 inch pieces. Let your children spread them with peanut butter, using a small blunt knife, and top the peanut butter with a few ants (raisins).

Or try making applesauce together. Kids can help wash apples and Mom and Dad can peel and core them. Let your child cut them up into small pieces with a blunt knife. Parents should cook them or supervise cooking closely. When the apples are soft, add a little sugar if you like and sample your snack together. Be sure to talk to your child about what you're doing. A child can learn so much more if you explain things. You might want to discuss how apples grow, or talk about other ways to eat apples.

As your child learns some simple cooking skills, let him or her help you prepare a meal. Preschoolers are so proud of their accomplishments.

Other Jobs a Small Child Can Do

* Husk corn, shell peas
* Peel citrus fruit like oranges and tangerines
* Help with planting and caring for a garden

40

* Cut up fruits for a salad
* Squeeze juice from citrus fruit
* Make a walking salad - wrap a lettuce or cabbage leaf around a filling like peanut butter, egg salad, or a mixture of grated carrots, raisins and mayonnaise.
* Make apples in hand - core a whole apple. Mix peanut butter with raisins or cereal. Stuff this into the hole of the apple. This may be sliced in half for table serving or serve the apple half on a popsicle stick. It's novel and neat that way.
* Make a **rocket salad**. You can help your child make salads for the whole family. Here's what you'll need for 2 salads:

2 plates

2 lettuce leaves

2 pineapple slices

1 banana (peeled and cut in half)

2 raisins or carrot circles

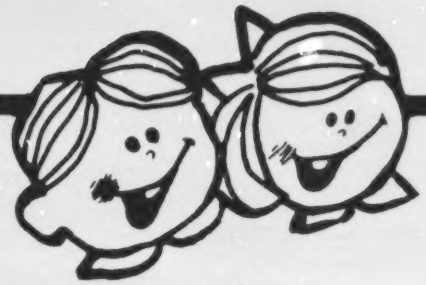
Directions

1. Wash the lettuce leaves and pat them dry.
2. Place a lettuce leaf on each plate.
3. Place a slice of pineapple on lettuce leaf.
4. Put on half banana in the center of pineapple slice.
5. Put a raisin or carrot circle on top of banana.

10 . . . 9 . . . 8 . . . 7 . . . 6 . . . 5 . . . 4 . . . 3 . . . 2 . . . 1 . . . BLAST OFF!!

Kid's creations may not be as neat or attractive as you might make. But appearance is not important when you consider all your child is learning.

Give your child the opportunity to "help" whenever you can!



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Preschool Children

MEAT AND MEAT ALTERNATES

Dear Parents,

Your child can help you prepare a variety of meat and meat alternate dishes. But first be sure to get yourself in the right frame of mind.

Remember that the idea is to provide experiences that are fun and interesting; that expand knowledge of foods; that give a feeling of contributing to the working of the family.

Your son or daughter has neither the coordination nor the inclination to be as neat as you are. Let your child help with the cleanup later but don't cramp style by demanding super cleanliness while working. Remember, too, that your child's help may make the project take a little longer than it would if you did it yourself. Save the really long projects for the weekend or a day when you have lots of time to spend. The projects presented here are short and could be done almost anytime. First, you and your child wash your hands together.

Eggs Your child can peel the eggs and prepare them as:

* Egg slices or wedges. Your child can cut them with a blunt knife.
* Deviled eggs. Again, the blunt knife. Your child can mash the yolks and blend other ingredients with a fork.
* Egg salad. Your child can probably prepare everything but the onions and celery, if you will be using them.
* Scrambled eggs. Let your preschooler mix the eggs.
* Souffles or foamy omelets. Your child can use a hand beater to beat the whites and yolks separately. Then let your child fold in other ingredients as gently as possible.

Ground Beef

Burger patties — the shaping of them

Meat loaf and meat balls — Your child can mix the ingredients with hands for a really down to earth experience. Then your youngster can shape the loaf or meatballs.

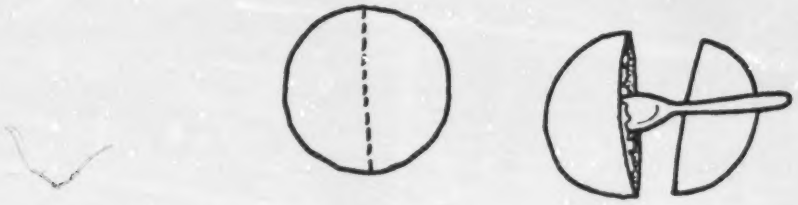
Burritos or Pocket Bread

Your child can help prepare a variety of fillings such as:

* Refried beans with grated cheese (see bean section below)
* Slices or strips of ham or lunch meat topped with slices of cheese.
* Mixture of cooked browned ground beef and diced onions, tomatoes, seasonings (a little chili powder and cumin and grated cheese).
* Mixture of drained pinto beans, cottage cheese, grated milk cheddar, diced tomatoes and seasonings.

Fill and fold burritos like this: (start with flour tortillas)

Sprinkle grated cheese on top and bake to heat through. Pocket bread like this:



Heat through.

Beans

Before actually cooking beans, your son or daughter can look at a variety of beans and observe colors, shapes, sizes and numbers.

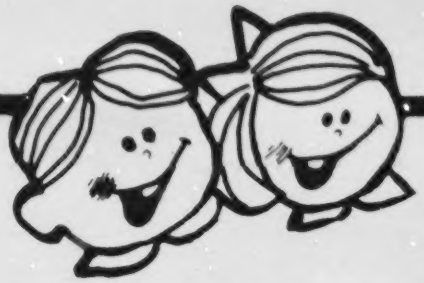
Beans for baking or for using in other recipes: your child can sort, measure and wash the beans. You'll have to take charge of the actual cooking.

Refried Beans

Help your preschooler spread 2 cups of cooked, drained or canned pinto beans on a large platter. (Save the liquid for later). Give your child a fork to mash the beans as well as he or she can. Then add a little of the bean liquid and a little oil to give the right consistency. For flavor, your child can measure and stir in 1 tsp. salt, 1/2 - 1 tsp. chili powder, 1/4 tsp. cumin and 1/8 tsp. onion powder. Use the refried beans as a side dish or in burritos or tacos.

When it is finally clean-up time, your child can take part. Your son or daughter can make an important contribution to the smooth functioning of the family by washing, drying and putting away dishes. These tasks also help teach cleanliness and orderliness.

Preparing the table to serve the food is another important contribution. No matter what tasks your preschooler helps with, remember to give a pat on the back for a job well done.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

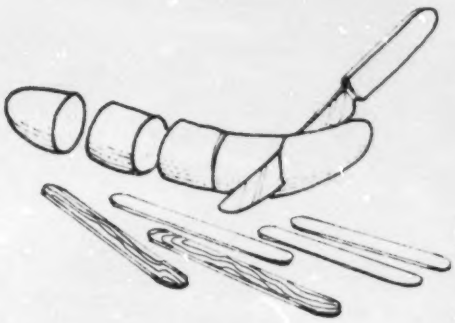
SELF PROPELLED SNACKS

Dear Parents,

The active young child is hungry all the time — and likes to be busy. So why not help your child make nutritious snacks. Remind your child to wash hands before starting.

Crunchy Bananas — 4 pieces

After peeling a banana, your child can cut it in 4 chunks (with a blunt knife). If you have popsicle sticks, he or she can put each section of banana on a stick (but they are not necessary). Then put them in the freezer for one hour.



When they come out of the freezer, your child can roll the frozen banana pieces in orange juice. Then your child quickly rolls them in wheat germ or crushed cereal (such as corn flakes.) You can help crush the cereal with a rolling pin. The crunchy bananas are then ready to eat.

Ants on a Log — and Other Critters

Put out a platter of vegetable and fruit chunks, peanut butter and cheese spread. Add a few decorations such as raisins, peanuts or olive slices. Then encourage your child to make finger snacks. Have your youngster give them names such as:

Ants on a Log

Celery, peanut butter, raisins

Apple Bug

Apple wedge
peanut butter
raisins

One Eyed Monster

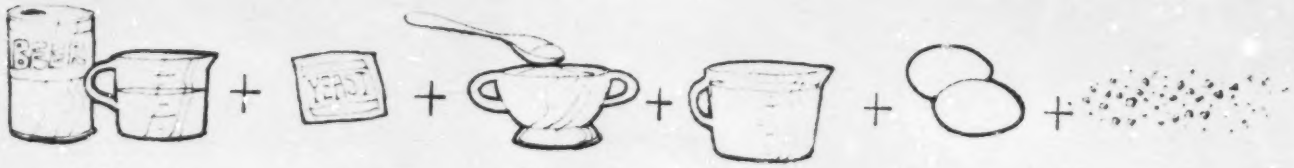
Green Pepper wedge
cheese spread
olive slice

The Blob

Carrot stick
cheese
spread
peanuts

Pretzels

On a day when you have lots of time, you might want to help your child make pretzels. The youngster can measure and mix the ingredients, knead the dough and shape the pretzels. Here's what is needed:



1½ cups warm beer | 1 package dry yeast | ½ tsp. sugar | 4 cups flour | 2 eggs beaten | Coarse salt (if you can find it)

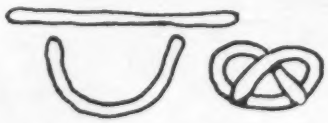
The alcohol in the beer will evaporate but you can use water instead. You'll have to heat the beer until it's about 110°F (just a little warm to the wrist). Then your child can sprinkle in the yeast and sugar and stir until they are dissolved.

Next, your child can mix in the flour and form a ball. Let the youngster knead the dough for as long as possible. You may have to finish the job if your child gets tired. It takes 10 minutes in all.

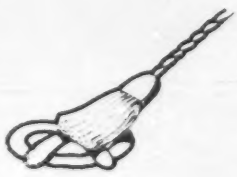
Then cover the dough and let it rise until double.

Knead

Cover: Let Rise



Shape



Brush on egg.
Add salt.

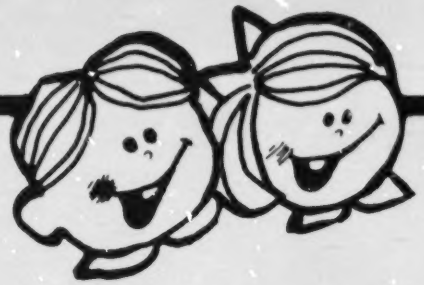
Pinch off pieces of dough and help your child form long, thin "ropes". These can be shaped into traditional twist pretzels (or any shape preferred).

Place the pretzels on foil lined baking sheets. Help your child brush on the beaten egg and sprinkle on a little course salt. Bake the pretzels at 475°F for 12-15 minutes. Let cool and enjoy. Don't forget to encourage your child to clean up.

It is important to share experiences like this. By helping your child make a snack, you are helping your youngster:

* Learn new words
* See the different forms foods can take
* Have the satisfaction of doing something good
* Learn to organize and plan ahead
* Learn how to clean up

But beyond this, the most important result is that you are sharing your time and yourself with your child.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

BREAKFAST

Dear Parents,

"Monkey see, monkey do." So goes the old saying. But there's a lot of truth to it. If your child follows your example, will he or she be a good breakfast-eater?

Do I Have to Eat Breakfast?

The word "breakfast" means to "break the fast" and the longest "fast" between meals is from supper until breakfast. Stress the importance of eating *something* nutritious for breakfast even if it is not the traditional bacon and eggs or cereal and toast. If your child prefers a toasted peanut butter sandwich with a glass of milk and fruit or fruit juice for breakfast, your youngster will still be getting protein, carbohydrate and fat and some of the vitamins and minerals children need. Even a hamburger garnished with tomato will contribute important nutrients.

If your mornings are hectic, have your child eat a piece of cheese instead of an egg or a few cherry tomatoes (if your child will eat them) instead of orange juice. The chances of getting your child to eat tomatoes will be greater if they have come from your own garden and the child has had some part in growing them.

Eggs in a Frame

Here is an idea for your breakfast. It's called Eggs in a Frame. Let your child do as much of this as he or she can. Your child will need:

Skillet

raw egg

bowl

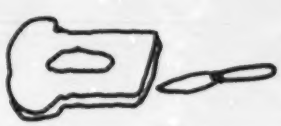
slice of bread

knife

spatula

biscuit cutter

margarine



1. Butter both sides of the bread.

2. Cut out the center from a slice of bread with a biscuit cutter.

3. Put bread in greased frying pan and brown on one side. Turn the bread over with a spatula.

4. Tap the egg on the side of the bowl. Have someone hold the bowl.

5. Stick your thumbs into the crack.

6. Open the crack. Let the egg slide into the bowl.

7. Drop the raw egg into the center of the toast.

8. Cook slowly over low heat with the pan covered. Cook until the white of egg is hard.

9. Lift out toast and egg with spatula and serve.

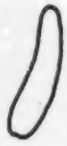
Here are some more ideas for fun with toast.
You need:

Bread

Cheese

Raisins

Knife



Banana

Plate

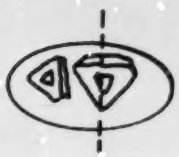
1. Toast the bread

2. Put the cheese on toast. You can melt the cheese in the oven if you want to.

3. Cut into 2 triangles

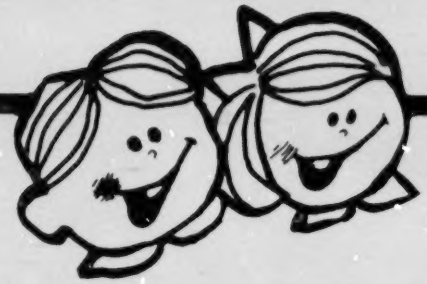
4. Make a butterfly using ½ banana for the body and 6 raisins for the antenna

To make a boat, leave out step 4 of the butterfly and add these 2 steps instead:



Cut one of the triangles in half.

Make a boat using raisins for the mast:



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

SANDWICH FUN

Dear Parents,

Sandwiches are favorites with everyone — especially children. And, with a little help, they can make their own extra — special sandwiches.

Design a Sandwich

Instead of plain old peanut butter and jelly, let your child decorate the sandwich. Your youngster could use a saucer to cut a "face" from a slice of bread — like this: (be sure to save the cut away bread for crumbs.)

Then your child can spread on peanut butter, or cheese spread.

Next come the decorations.
Banana curls.
Apple slice eyes and mouth.
Raisin nose.

Whatever design your son or daughter chooses is fine.
Some "decorations" you could provide are:

Cheese squares or triangles	Raisins
Pickle or olive slices	Cucumber or radish slices
Banana & apple slices	(if he or she likes them)

Your child could also cut the bread with cookie cutters. Or you could give him or her triangle or rectangle bread shapes to work with. If your child can handle it, you could let him or her squirt on designs of softened cheese spread from a pastry tube.

After your child's had some time to enjoy the creation, help cut the sandwich in 4 parts. That way, it will be easier for your youngster to eat.

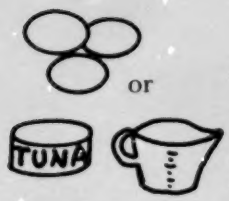
Make a Sandwich Filling

When your young child prepares a simple sandwich filling mixture, he or she learns to:

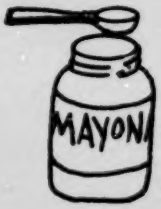
* Plan ahead and organize
* Measure ingredients
* See the different forms of food

* Produce something good
* Clean up after himself

Let's say you are helping your child make a tuna or egg salad. First, help gather what your youngster will need:



3 hard cooked eggs
or
½ cup tuna
(or ¼ cup tuna + 1 egg)



2 Tbsp. Mayonnaise

1 stalk celery
(if he likes it)

1 Tbsp. pickle relish

Help peel the eggs and chop them with a blunt knife (or your child could mash them with a fork.) Let your youngster cut the celery as well as possible — with a blunt knife. Then you cut the pieces a bit smaller.

Now it's time to mix the ingredients, spread on bread and enjoy. Help him or her clean up when finished.

Broiler Sandwiches

Some open face sandwiches (one slice of bread) become very special when they are broiled or baked in the oven. Your youngster can do nearly all of the work.

Some suggestions you could make:

Peanut butter
and honey

Cold cuts, Cheese &
tomato

Cheese, Olive &
crisp bacon

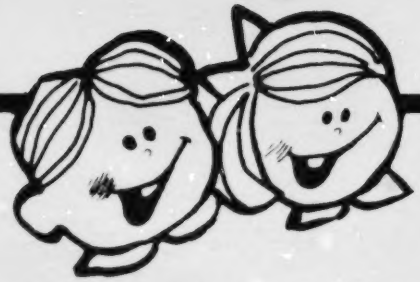
Cheese with
cold cut shapes

The next part, you do. Toast the sandwich in the oven or toaster oven. Or put it under the broiler until the cheese is melted or ingredients are hot. Be sure to let the sandwich cool a little before your child eats it.

Again, encourage your youngster to clean up the work area and dishes.

If your child is having some little friends in for the day, he or she can prepare the lunch. Any of these sandwiches would be great. Or — all of the children could prepare their own with your help.

Remember, that your child learns important cooperation skills from an experience such as preparing food with you — and with friends.



OSU COOPERATIVE EXTENSION

LICKIN' THE BOWL

A Newsletter for Parents of Young Children

BEVERAGES

Dear Parents,

Did you know that one of the most important beverages for your children to drink is also one of the least expensive? That's right — water. Water is often neglected as a nutrient. And yet, if it is possible to say that one nutrient is more important than another, water is the most important nutrient. Teaching your children to be satisfied with water when they are thirsty is beneficial for them physically as well as for you financially! Help your children learn to sip water instead of gulp it, so they won't be so full of water that they can't eat at mealtime.

Introducing Beverages

Here are two beverage ideas for those of you who have trouble getting your children to drink milk.

Caution: If your child is not used to eating strawberries and bananas or has never tasted them, let him or her taste them *plain* before combining them with milk and other ingredients. Children tend to dislike mixtures, especially when they are not familiar with the foods in them.

Strawberry Milk

First try making strawberry milk. The best time of the year to do this is from mid-May to mid-June when strawberries are in season. They will be less expensive then; or grow your own.

You will need:

1 quart milk
Made from nonfat dry milk

Fork
or potato masher

Strawberries

Tablespoon & measuring cups

Sugar

Jar with lid

1. Make up one quart of nonfat dry milk & refrigerate until very cold or use fresh milk.

2. Mash 1½ cups unsweetened strawberries with a fork or potato masher.

3. Put milk, strawberries and 1 tablespoon sugar in a large jar with a tight fitting lid.

4. Shake the jar until it is all mixed up. (if a blender is available, you may want to use it instead of the jar.)

Monkey Juice

You will need:

One quart nonfat dry milk, chilled, or fresh milk

1 ripe banana

fork

measuring spoons

¼ tsp. vanilla

1 Tbsp. sugar

1. Peel banana and mash it with a fork.
2. Combine all the ingredients together in a bowl or a jar.
3. Mix the ingredients together with a rotary beater if you are using a bowl or put the lid on the jar and shake.

For Special Times

Instead of giving your child sodas with soft drinks and ice cream, try a scoop of vanilla ice cream with grape juice. This does not cost any more and will have more value nutritionally. If your child would rather have the ice cream in a bowl separate from the grape juice, that's fine, too. Be sure to read the labels of fruit juices, though. In general beverages add little to nutrient values unless they are undiluted fruit and vegetable juices or made with milk. Fruit drinks and fruit-flavored drinks can be deceiving if you don't read the labels.

LICKIN' THE BOWL

Order from: Oklahoma State University
Central Mailing Services
Stillwater, OK 74078

Request for Extension Materials

Distributed in Furtherance of the Acts of Congress of May 8 and June 30, 1914.

Please send me the following materials to be used in regular Extension Work:

Quantity	Literature
_____	Teacher's Manual "Dear Teachers of Young Children"
_____	Parents' Newsletter Introduction
_____	Parents' Newsletter Milk and Milk Products
_____	Parents' Newsletter Breads and Cereals
_____	Parents' Newsletter Fruits and Vegetables
_____	Parents' Newsletter Meat and Meat Alternates
_____	Parents' Newsletter Snacks
_____	Parents' Newsletter Breakfast
_____	Parents' Newsletter Sandwiches
_____	Parents' Newsletter Beverages
_____	Playing Cards
_____	Teacher's Evaluation Form
_____	News Release Packet
_____	T-2315 Mealtimes With Young Children
_____	T-3111 Feeding Your Child Ages One to Three
_____	T-3112 Feeding Your Child Ages Four to Six
_____	T-3113 Feeding Problems

Date _____ Signed _____

County _____ Address _____

Title _____ City _____

This form is to be used by the County Director and Home Economist in making requests for mimeographed materials, printed materials and forms, furnished by the State Extension Office.

Publications from the Oklahoma Cooperative Extension Service

The Oklahoma Cooperative Extension Center in your county has Family Living Topics, circulars, OSU Fact Sheets and other publications on a wide range of topics.

Subjects covered in these publications include:

Agricultural Economics
Agricultural Engineering
Agronomy
Animal Science
Dairy
Energy
Forestry
Horticulture
Insects and Diseases
Poultry
Wildlife
Clothing
Family Life
Food and Nutrition
Housing and Equipment
Housing Interiors
Home Management

Single copies of Extension publications are free to Oklahoma residents. A list of all Extension publications may be obtained by writing to Central Mailing Services, Oklahoma State University, Stillwater, Oklahoma 74078 and asking for *What's New and Current.*

Oklahoma State Cooperative Extension Service does not discriminate because of race, color, or national origin in its programs and activities, and is an equal opportunity employer. Issued in furtherance of Cooperative Extension works, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Charles B. Browning, Director of Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Dean of the Division of Agriculture and has been prepared and distributed at a cost of $3,665.00 for 3,125 copies. 0483